



MAINTAIN CAMPAIGN

Monday, December 2, 2024 to Friday, January 17, 2025

Manage your stress and your waistline by sticking to healthy habits this holiday season.

OBJECTIVES

- ❄️ Earn points for completed activities that improve physical health, help manage stress, make mindful nutrition choices, and control holiday spending.
- ❄️ Accrue the most points to win. First, second, and third place winners will receive wellness goodies for their dedicated efforts!

Challenge Features

- ❄️ This is an individual challenge that's all about you.
- ❄️ Focus on maintaining healthy lifestyle choices. Weight tracking is optional and anonymous.
- ❄️ Maintain Teams Channel, an online community where Maintainers will connect and support one another.

HOW

- ❄️ **Registration opens November 18** and closes December 6.

[Register for Maintain Challenge](#) (or scan the QR code below).

Please note, there is no Wellness Incentive associated with this challenge.

Questions? Pinellas County Wellness Program | wellness@pinellas.gov | (727) 464-3367, option 1

